

# A QUICK GUIDE TO TRANSGENDER HEALTH CARE INFORMATION IN DAVIS, CA

Graduate ☐

**SEX**

Male ☐

Female ☐

*Other* ☒

**L CODES**

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## INTRODUCTION:

Many transgender resources are lumped under the larger Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) communities. This is problematic insofar as the health needs of transgender individual can be substantially different. The majority of health care providers do not adequately understand the health issues facing transgender persons, nor are they able to knowledgeably assess risk factors for these patients. Furthermore, patients are often required to educate their health care practitioners regarding basic resources and standards of care. This pamphlet is an attempt to summarize some of the resources available, both for persons with gender issues and for health care providers who need more information on the subject.

## OVERVIEW OF TERMINOLOGY (ALSO GOOD SEARCH TERMS):



Here's a following brief list and rudimentary definitions for common terms in transgender health care. It's assembled from Wikipedia and 'The Handbook of Lesbian, Gay Bisexual, and Transgender Public Health'. Many different gender terms are applied to various trans people, and they show the breadth of gender expression possible. Please note that the medical jargon can differ significantly from the terminology used by the transgender communities.

Sex: Combination of a person's anatomy and biology

Gender: complex interplay of how culture and personality relate to biology.

Gender Role: An individual's gendered social and cultural interactions and presentations of gender.

Gender Identity: A person's view of themselves in terms of gender.

Gender identity is independent of sexual orientation, which describes sexual preference (such as gay, lesbian, bisexual, straight, etc.)

Gender Identity Disorder: Medical term for a person who identifies as belonging to another gender, or does not conform with the gender role their respective society prescribes to them.

Gender Dysphoria: Medical term for a person who exhibits discomfort and dissatisfaction with their assigned gender.

Gender Variant: A person whose gender does not fall into the traditional gender binary of male=male/man vs. female=female/woman.

Transgender: An umbrella term encompassing 'trans', 'transsexual', 'transvestite', 'genderqueer', 'gender variant', 'cross-dresser' and persons who consciously transgress the gender binary.

Trans: An abbreviation of either 'transsexual' or 'transgender', can be used for both.

Transsexual: A transgender person who changes their sex via medical means (via hormones, sex reassignment surgery, etc.)

Transitioning: the process by which transsexual and transgender individuals move from one gender to another, often changing their social gender roles, legal names, and legal sex.

MTF: Male to Female transwoman. Born male, transitioned to female.

FTM: Female to Male transman. Born female, transitioned to male.

Sex Reassignment Surgery: Medical intervention to change a person's sex.

There are numerous surgical procedures currently in practice.

Hormone Therapy: Estrogen for MTs or Testosterone for FTMs.

Transvestite (cross-dresser): A term describing persons who dress as the opposite gender. Individuals who cross-dress may or may not identify as transgender nor does it necessarily indicate gender dysphoria.

Genderqueer: Newer term referring to persons who identify as 'queer' in relation to their gender identity. In this case 'queer' means 'not straight' or 'variant'. Genderqueer can refer to anyone with a gender variant identity.

Coming Out, Being Out: The process of being open about one's sexual or gender identity. The opposite of which is being Closeted or being In the Closet.

## CALL NUMBERS AND SUBJECT SEARCHES:

Libraries often use their own specific phrases to describe topics (called 'subject headings') and it is far easier to find topical information if you know how the subject is described. However, these terms are often not the same as what is used in the internet, and may be considered archaic and/or offensive by some. Here's a brief list of some subject headings related to this topic. Most important to note is that many terms discussed in the prior section are not included in library descriptions (such as transgender or genderqueer)

Consider trying some of these terms in order to find more information if you are looking in a library catalog or medical database:

Sex role.

Transsexualism -- United States.

Transsexuals -- Medical care -- United States.

Sexual minorities -- Health and hygiene.

Gender identity/Gender identity disorders.

Hermaphroditism.

## PHYSICAL PLACES TO FIND INFORMATION:

- Women's Research and Research Center, North Hall, UC Davis: The WRRRC has a library and a dedicated library staff person. The WRRRC interacts with and supports many of the women and gender studies programs on campus.
- Lesbian, Gay, Bisexual, and Transgender Resource Center, University House Annex, UC Davis: The LGBTRC has a small library and a collections of resources for Trans persons.
- Carlson Health Sciences Library: This UC Davis library holds most of the Trans related medical literature in the UC Davis Library system, all of which can be searched through the Harvest Catalog. The electronic databases can be accessed from any campus computer lab or library.
- Shields Library: The main UC Davis library, Shields holds most of the literature relating to sociocultural aspects of gender and gender identity.
- Student Health Center: The current Student Health Center Director (Michelle Famula) is both friendly and knowledgeable regarding trans health care issues.
- Lyon Martin and Tom Wadell Clinics in San Francisco: Both of these community clinics serve large transgender and transsexual populations and have friendly and knowledgeable staff.

<http://www.lib.ucdavis.edu/ul/research/subjects/index.php?heading=120>

UC Davis LGBT Studies Subject Guide

<http://www.ccsf.edu/Library/guides/transgender.html>

City College of San Francisco Library, Subject Guide

<http://www.vch.ca/transhealth/resources/careguidelines.html>

Guidelines for Transgender Care from the Transgender Health Program  
in Vancouver BC.

[http://www.wpath.org/publications\\_standards.cfm](http://www.wpath.org/publications_standards.cfm)

World Professional Association for Transgender Health Standards of Care,  
6th Edition

<http://www.nickgorton.org>

Medical Therapy and Health Maintenance for Transgender Men:  
A Guide For Health Care Providers





### **SOME IMPORTANT JOURNAL ARTICLES:**

- Newfield E, Hart S, Dibble S, Kohler L. Female-to-male transgender quality of life. *Quality of Life Research*. 2006 Nov;15(9):1447-57.
- Lombardi E. Enhancing Transgender Health Care. *American Journal of Public Health*. 2001 June; 91(6):869-872
- van Kesteren P.J.M, et al. Mortality and Morbidity in Transsexual Subjects treated with Cross-sex Hormones. *Clinical Endocrinology*. 1997; 47:337-342
- Sobralles M. Primary Care Needs of Patients Who Have Undergone Gender Reassignment. *Journal of the American Academy of Nurse Practitioners*. 2005 April; 17(4):133-138
- De Cuypere G, et al. Sexual and Physical Health After Sex Reassignment Surgery. *Archives of Sexual Behavior*. 2005 Dec; 34(6):679-690
- Fitzpatrick K.K, et al. Gender Role, Sexual Orientation, and Suicide Risk. *Journal of Affective Disorders*. 2005; 87: 35-42

**GLBTQ:** the survival guide for queer & questioning teens. Kelly Huegel..  
Minneapolis, MN : Free Spirit Pub., c2003..

**Transgender rights.** Paisley Currah, Richard M. Juang, Shannon Price  
Minter, editors.. Minneapolis : University of Minnesota Press, c2006..

**Hello, cruel world :** 101 alternatives to suicide for teens, freaks, and other  
outlaws. by Kate Bornstein; foreword by Sara Quin. New York : Seven  
Stories Press, c2006.

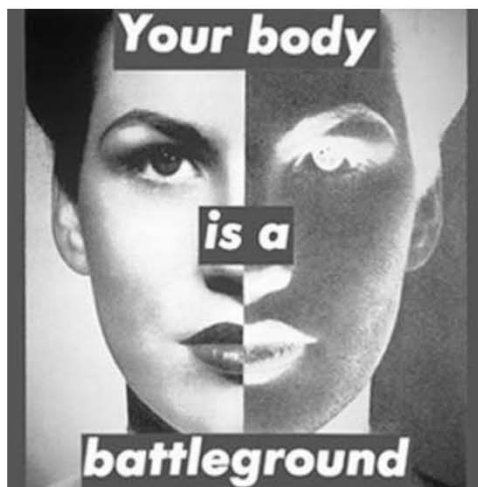
**Caring for the vulnerable :** perspectives in nursing theory, practice, and  
research. Editor, Mary de Chesnay. Sudbury, Mass.: Jones and  
Bartlett, c2005..

**Handbook of counseling and psychotherapy with lesbian, gay, bisexual,  
and transgender clients** Edited by Kathleen J. Bieschke, Ruperto M.  
Perez, and Kurt A. DeBord.. Washington, DC : American  
Psychological Association, c2007..

**The handbook of lesbian, gay, bisexual, and transgender public health :**  
a practitioner's guide to service. Michael D. Shankle, editor..  
New York : Harrington Park Press, c2006..

**Transgender emergence: therapeutic guidelines for working with  
gender-variant people and their families.** Arlene Istar Lev..  
New York : The Haworth Clinical Practice Press, c2004..

**Sexual orientation and gender expression in social work practice :**  
working with gay, lesbian, bisexual, and transgender people. edited by  
Deana F. Morrow and Lori Messinger.. New York : Columbia University  
Press, c2006..



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